

The Difference between Life Coaching, Therapy, & Therapeutic Coaching

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On the surface life coaching, therapeutic coaching, and therapy may seem very similar; however, upon further inspection there are distinctions between each type. While researching this topic, I noticed there are many resources that provide a distinction between life coaching and therapy.

Described below are the most common differences between coaching and therapy according to Noomi. As a Therapeutic Life Coach, and experienced therapist, I have created a new category called Therapeutic Coaching, which is a combination of best practices of coaching and therapy.

If you are unsure whether you need therapy or coaching, try a little of both. Contact Solutions Over Stress (www.solutionsoverstress.com) for additional information.

Coaching	Therapy	Therapeutic Coaching
Client is emotionally and psychologically healthy	Client is emotionally unwell and in needs healing	Client creates emotional healing around the area(s) they would like to build upon
Focuses on the present and future	Focuses on dealing with the past	Focuses on the past, present and future relating to goal(s) at hand
Driven by goals and taking action	Driven by unresolved issues and feelings	Driven by addressing unresolved issues and feelings that negatively impact goals and actions
Works toward a higher level of functioning	Works to achieve understanding and emotional healing	Works toward achieving understanding and higher level of functioning to healing and achieve goals
Results-based and focuses on exploring solutions	Explores the root of problems and offers explanation	Results-based and focused on the root of problems and offers exploring solutions and explanations that no longer cause limiting beliefs
Asks, "Where would you like to be and how can you get there?"	Asks, "How did that make you feel?"	Asks, "How can you become empowered over feelings and actions that keep you from achieving your goals?"

Acts on information	Absorbs information	Acts and absorbs information that allows clients to thrive based on strengths and interpersonal understanding
Done over the phone, internet or in person	Done in an office setting	Done over the phone, internet or in person
Coach and client collaborate on solutions	Therapist is the 'expert'	Client is the expert on their life, coach is the expert on the process to goal achievement
Contact between sessions expected (accountability and wins)	Contact between sessions for crisis and difficulties only	Contact between sessions if there are questions, difficulties, or need for support